



Rides Supplement June 2008

Camberwell Downhill Gourmet Bike Riders

May Ride: a Kensington Mystery

Unfortunately this ride was cancelled due to wet weather.

June Ride: Eastlink Open Day

Hosts: David and Geraldine Powell

Date: 15th June 2008

Meeting Place: T.B.A.

Start Time: 9.15am for 9.30am start.

Finishing: Around 4.30pm

Distance: 30kms.

Cost: Free

Details: This ride is open to all walkers, joggers and bike riders as part of the celebrations in completing the extension of the Eastern Freeway through to Frankston. It starts at the Wellington Road exit/on ramps.

Riders are asked to Register prior to the 6th June. The Link to do this is <http://www.bv.com.au/great-rides/41340/> but contact us should you like us to register you.

It is out in the open except for the underpasses and small tunnels, so it will be imperative that you wear the appropriate garments for wet weather - I think the hot weather is now behind us!

There will be sausage sizzles and cool drinks for sale along the route OTHERWISE you will have to bring your own lunch and snacks.

We have chosen the middle range kms. for our ride being 30km.

Should you have any further questions, please call us (David and/or Geraldine) on 98070114 and if not available, to leave a message and we shall return your call. You may also email us at the following addresses:-

David = dgpowell@internode.on.net

Geraldine = Geraldine.Powell@macquarie.com

Hopefully closer to the date, we will have worked out the best place for meeting prior to the start of the ride. If you are interested in the ride and want us to register you, then please do so by the 6th June, 2008.

Other Rides for 2008

July 20th Julia; **August 17th** Bruce and Yvonne Dight; **September 21st** Val; **October 19th** Jack Simpson; **November 16th** David & Geraldine

Dinners

July 11th; November 21st

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website:

<http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphijj@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Second Wed of the month - 9.30am -12pm - 12 March , 9 April, 14 May, 11 June

Contact: Robin Kendrick, phone: 9853 3126

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure

departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group - Rides Program

Seniors Bike rides in 2008

- We ride 4 Wednesdays each month.
- The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us and the route is chosen on the day. The 2nd and 4th Wednesday rides are more challenging, (50- 60km).
- We generally meet at **10am** at the 'Place to meet' (see below). A coffee stop is found midmorning! We take our own lunch and picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.
- If the temperature is 30°C or above on the day, the long rides will be cut short.
- Please contact **Janet Bennett** by e-mail janpeter@bigpond.net.au or on **9853 9808** to discuss details.

All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Abbreviations for the ride grades are -

easy # medium + hard ! hills ^

Date	Place to meet	Description	Grade
June 11 th	Albion station, MEL 26 F10. (9.40 am Watergardens train from Flinders St station arr. 10.02).	Ride the bike path beside the Western Highway to the Western Ring Rd. trail. Ride along this trail and some local roads to Hoppers Crossing for lunch. Continue along Skeleton Creek to Altona and the Bay trail to Altona station ~ 50km.	+
June 18 th	Footbridge in Southbank, MEL 2F F7.	Short ride	#
June 25 th	Albion station, MEL 26 F10, (9.40 am Watergardens train from Flinders St station arr. 10.02).	Ride the bike path beside the Western Highway to the Western Ring Rd. trail. Ride along this trail to Brimbank Park for lunch and then return to the city via the Maribyrnong trail ~ 40km.	+^

Darebin BUG

Social Rides

Darebin BUG runs three weekday rides of distances approximating 40-60km on Tuesdays and 10-20km and up to 90km on Thursdays and a variety of rides of various lengths on weekends.

Information about upcoming rides can be seen on the [Darebin BUG Rides Calendar](#)

The **DBUG Rides Planning Committee** is looking for people who are interested in arranging and leading a ride, or in gaining leadership experience by co-leading a ride. Ride dates, suggestions and leaders should be coordinated through the Rides Coordinator. Please contact Doug on 9499 7325 / 0409

956 913 with your ideas.

Unless otherwise stated, our rides meet at **Jika Jika Community Centre**, corner Plant & Union Streets, Northcote near Westgarth train station.

For information about any of these rides, contact the Rides and Events Coordinator, Michael
AH 9482 3276

Download the [Darebin BUG rides flyer](#), with details of these rides. (Word doc)

Please note all rides are free to anyone who would like to participate. After the third ride you take part in, we will invite you to join the BUG. Some rides need train tickets, these are to be bought by the participant. A first aid kit is carried on each ride and emergency contact numbers are taken prior to the start of the ride. Darebin BUG has public liability insurance - please note this **does not** cover you or your bike. If that is something you're concerned about then best become a member of Bicycle Victoria so you will be covered by their insurance. In the case of an emergency, ride leaders will call an ambulance if required. The ambulance will charge the injured person, not the BUG. This can be very expensive, so it is wise to consider taking out ambulance membership.

[Beginners Rides](#) - [Tuesday & Thursday rides](#) - [Saturday & Sunday rides](#) - [Weekend Rides](#) - [Around the Bay in a Day](#)
[Ride Reports](#) - [Ride Photos](#)

Rides for Beginners

Thursday Rides

Weekly Thursday rides for those looking for short easy rides. Travel local bike paths around 10-20km. For more information, call 9481 8853.

Mums (& Dads) on Bikes Rides

Kids in bike seats welcome! Kids in trailers welcome! Kids on training wheels welcome! Kids on tag-a-longs welcome! Kids on own bikes welcome!

Want to ride with your rides for fun, exercise and socialising? Join us on one of our easy rides to one of Melbourne's many child-friendly destinations. **Rides take place the first Sunday and the third Wednesday of every month.**

Meet at **Jika Jika Community Centre**, corner of Plant and Union Sts, Northcote, at 10am.

Contact Kathy on 0410 667 634

Saturday Port Melbourne Rides

Weekly Saturday rides for those looking for longer easy rides - 9.30am. Ride from Fitzroy to Port Melbourne and back along bike paths, about 20km. Ride Leader: Norm 9354 9636

Saturday Market Rides

Monthly Collingwood Children's Farm Market ride - Second Saturday of each month - 9:30am

Meeting Place: Jika Jika Community Centre

Ride Leader: Michael 9482 3276

Ride Distance: 12km

Ride Grading: Easy

Ride Route: Merri Creek path then Yarra River Path to Collingwood Children's Farm

Notes: Time to ride event

More Challenging Rides on Tuesdays & Thursdays

Both are social rides largely on bike trails that conclude around 4 pm. Bring lunch & water.

Tuesday Rides

For experienced riders.

These rides leave from **Jika Jika Community Centre**, corner of Plant and Union sts, Northcote, at 9.45am. They vary in length from about 40 to 60 km.

Thursday Rides

For experienced riders.

These rides leave from **Jika Jika Community Centre**, corner of Plant and Union sts, Northcote, at 9.30am sharp. Rides can be up to 90km.

Saturday & Sunday Rides - Varying Distances & Locations

Saturday Morning ATB Training Rides

For experienced riders.

Every Saturday, 2-3 hours riding, initially return trip to Mordialloc, then extending further closer to ATB. [Note: if it is raining, call Colin to check ride will take place].

Meet at **Jika Jika Community Centre**, corner of Plant and Union sts, Northcote, at 8am.

Contact Colin on 9489 9360.

Sunday Morning Rides

For experienced riders.

Every Sunday, 2-3 hours riding, various distances.

Meet at **Jika Jika Community Centre**, corner of Plant and Union sts, Northcote, at 8am.

Contact Yannick on 0438 785 450.

Saturday & Sunday Social Rides

Some for beginners, others for experienced cyclists.

Occasional Saturdays & Sundays- a diverse program, some rides local and others involving public transport. Contact the Rides Coordinator Michael on 9482 3276 for more information, or check the [Darebin BUG rides calendar](#).

Weekend Rides

Contact the Rides Coordinator Michael 9482 3276 for more information.

Manningham BUG

See <http://home.vicnet.net.au/~mannbug/rides.htm> for latest rides calendar. This had not been updated at the time of finalising this supplement.

Mid Week Rides

There are rides on most Wednesdays. Meet at 9:30am at Warrandyte (outside Pasta Mania) for a local ride every second week, alternating with a 10am meeting at a distant location for a longer ride.

Contact Don 9848-5803

Whitehorse Cyclists Inc

Last updated 29 May 2008

Date	Day	Grade	Ride	Where	Distance	Leader
5-Jun	Thur	M	Warb Trail	Lilydale, M/tea - Yarra Junction, Lunch-Warburton	76	Jacques F 94972306
8-Jun	Sun	E	Mullum Mullum (Nth)	Northern section of Mullum Mullum Trail	40	Bruce E 98484804
10-Jun	Tue		CLUB NIGHT Community Arts Centre Station St Box Hill 7.45pm			
10-Jun	Tue	E	Eltham Celebration	Yarra trail, Diamond Ck M/T, Eltham Lunch @ Sushi Wushi Rest. to celebrate 2 birthdays, BRING \$, Finns Res by 2pm. (B/O Eltham RS)	30	Gillian B 97255310
12-	Thur	M	Maribrynong	Train to St Albans, Maribynong River		Robyn R

Jun			River	trail, Yarra Trail.		0409160145
15-Jun	Sun	E/M	BV Eastlink Open Day Ride	Eastlink	10,30 or 60km	Must register with BV
17-Jun	Tue	H	Kinglake	Kinglake, Whittlesea	100	Bob H 0423746668
17-Jun	Tue	E/M	Montsalvat	Eltham, Montsalvat Artists' Colony M/T, Tour of grounds and art gallery (optional), Yarra Tr.	30	Marion H 0400178194
19-Jun	Thur	M	Beaumauris	Pt Melb, Beaumauris	70	Barry McC 0417952418
22-Jun	Sun	E/M	Docklands	Capital City Trail	40	Keith M 9857 5805
23-27-Jun	Mon-Fri	M	Cobram	Various	Various	Alex V 0408272695
24-Jun	Tue	E	Hughesdale	Gardiners Ck; Hughesdale; Anniversary trail	35	Loreto B 98081960
24-Jun	Tue	M/H	Yellingbo	Lilydale, Gruyere, Yellingbo, Belgrave	100	Phil E 98490522
26-Jun	Thur	M	Craieburn	Broadmeadows, Craieburn	65	Mike T 98593647
29-Jun	Sun	E/M	Belgrave	Ringwood, FTG, Belgrave	50	Phil R 0439307172
1-Jul	Tue	E/M	Fishermans Bend	Yarra, Capital City, F/Bend, Rosstown Trails	70	Abdy S 0413327650
1-Jul	Tue	E	Latrobe Uni	Yarra Tr. Heidleberg, Latrobe Uni	30	Keith 9857 5805
2-Jul	Wed	VE	Long Lunch	Eat, Drink and be Merry		Mike T 98593647
3-Jul	Thur	M	Jells pk	FTG, M/Tea@Scoresby Village, Jells Pk, Lunch-Knox City, Bayswater	45	Ken R 98017157
6-Jul	Sun	M/H	Heidlberg	Eltham	40	Alex V 0408272695
8-Jul	Tue	M/H	Carrum	Beaumauris, Carrum	70	Bob B 0412028068
8-Jul	Tue	E	TBA	TBA	30	TBA
8-Jul	Tue		CLUB NIGHT Community Arts Centre Station St Box Hill 7.45pm			
10-Jul	Thur	M	M Coburg Lake	Koonung TR, Darebin Ck TR, Edwards Lake	50?	Bruce E 98484804
13-Jul	Sun	E/M	Warburton Trail	Lilydale Lake, Woori Yallock, lunch@bakery or b.y.o.	50	Maurine A. 0411223429
15-Jul	Tue	E	Thornbury	Nth Fitzroy, Merri Ck Tr, Thornbury, Fairfield, Darebin Ck Tr, Boulevard	35	David Y 98848037
15-Jul	Tue	M/H	Kangaroo Ground	Warrandyte, Hurstbridge	60	Barry McC 0417952418
17-Jul	Thur	M/H	Willy Warmer	Williamstown	60	Barry McC 0417952418
20-Jul	Sun	M	Anywhere	Choose route	35?	Nominate leader
22-Jul	Tue	E/M	Elwood		40	David M 98857673
22-Jul	Tue	M/H	Emerald		60+	Bob B 0412028068
24-Jul	Thur	M	Latrobe Uni.		60	Bob H 0423746668
27-Jul	Sun	E	via Jells Pk		45	George C

Jul					98780293
29-Jul	Tue	E/M	Ashburton	40	Mike T 98593647
29-Jul	Tue	M/H	Brimbank Park	60+	John C 0438566977
31-Jul	Thur	M	Churchill Pk	60	Ken R 98017157
3-Aug	Sun	M	Heidleberg	35	Bruce E 98484804
5-Aug	Tue	E	Heathmont	30	Sandra B 98784179
5-Aug	Tue	M/H	Red Hill	70	John C 0438566977
7-Aug	Thur	M	Pt Cook Homestead	60	Jacques F 94972306
10-Aug	Sun	E	Jells Park	35	Phill R 97249634
12-Aug	Tue	CLUB NIGHT Community Arts Centre Station St Box Hill 7.45pm			

Banyule Bicycle User Group—Rides Program

Rides start from Heidelberg Park (Melway ref 32 B4) except as otherwise indicated. **Visitors are welcome to just turn up.** Contacts/leaders can provide additional information if required.

EasyRide: Every Tuesday and Friday **9.30am** – relaxed pace and informal, with break for coffee/snack/chat. Contact: Les B. 9435 0615. Regular Friday program below, Tuesdays by consensus.

<i>Day in Month</i>	<i>Ride Description</i>
1 st Friday	Eltham Library Café – 15 km. Main Yarra Trail & Diamond Ck. Trail. Break at café.
2 nd Friday	Fairfield Boathouse – 20 km. Main Yarra Trail. Break at café.
3 rd Friday	Studley Park Boathouse – 25 km. Main Yarra Trail. Break at café.
4 th Friday	Mailing Road Canterbury – 22 km. Main Yarra Trail & Anniversary. Break at café

HarderRide: every Tuesday & Sunday **9.00am** BYO morning tea. Check program below.

<i>June</i>	<i>Ride/Event</i>	<i>Description</i>	<i>Leader</i>
Sun 1	<i>Koonung-Mullum</i> 35 km	Up Koonung Trail, across to Mullum-Mullum (moderately long H1) with break at June's Billabong.	Graeme 9435 96
Tue 3	<i>Yarra Ride</i> 50 km	To and from break at Botanic gardens following trails on both banks of the river. Multiple H1 around the Boulevard.	Laurel M 9499 26
Sun 8	<i>Quarry Hills Park</i> 45 km	Out through Watsonia and Mill Park. H2-3 into Park & some walking possible. Return through South Morang but avoiding Plenty Rd.	Richard 9459 86
Tue 10	<i>Valley Reserve</i> 50 km	Anniversary Trail (some H1 and 1 x H2), then follow rail to Mt. Waverley (long H1) and Reserve for break. Return by Scotchmans Creek Trail back to Ann. Trail.	Alan P/ 9435 94
Wed 11		General Meeting – Watsonia Library 8:00pm	
Sun 15	<i>Eastlink</i> up to 118km*	Open day on Sunday 15 June, a once-in-a-lifetime chance to cycle on the road before it opens to traffic. Access via Koonung Trail. *Eastlink itself is 39km total length but ride can be shortened by turning back before reaching end.	Graeme 9435 96
Tue 17	<i>Westmeadows</i> ~65 km.	9.30am start to arrive midday. Capital City and Moonee Ponds Creek Trails for lunch at Westmeadows Tavern 10 Ardlie St Westmeadows (03) 9333 1646.	Robert I 9439 10
Sun 22	<i>Hedgeley Dene Gardens.</i> 45 km	Anniversary trail (H2 & H1) to Gardiner's Ck. Break at Hedgeley Dene Gardens. Home by Yarra Trail (H1 & H2).	Richard 9459 86
Tue 24	“Riders’ Choice” Rider who suggests is leader, otherwise by agreement		
Sun 29	<i>Capital City Circuit</i> 50 km	Royal Park, Docklands (break), Southbank, Yarra Trail.	John G/ 9439 38

July

Tue 1	<i>Point Cook</i> 74 km	Capital City Trail to South Kensington station (coin-only machine). Train to Altona (Zone 1). Ride Coastal Trail, Altona Meadows/Sanctuary Lakes streets & trails to the Coastal Park for lunch. Return by same route. Train from Altona to H'berg via city would shorten trip by 20 km.	Alan P/ 9435 94
Sun 6	<i>Westgarthtown</i> 50 km	Out by Bundoora Pk. & Upper Darebin Ck Trail (H2 to Waiora Rd, H1 in Park) to Epping. Return by Edgars Ck & break at Westgarthtown. Ring Rd Trail home.	Richard 9459 86
Tue 8	<i>Wattle Park</i> 35 km	Out by Koonung & Bushy Creek Trails, Box Hill streets (H2) and Gardiner's Creek Trail. H1 into Park. Return by streets, path, streets (short H2-3) to Ann. Trail at Hartwell	Les D/ 9459 27
Sun 13	<i>St Kilda Beach</i> 50 km	Out through Port Melbourne. Return through Albert Park.	Graeme 9435 96
Tue 15	<i>Dandenong</i> 70 km	Koonung Trail, Eastlink trail, Dandenong Creek Trail (flat) to Dandenong. Breaks at Jells Park and Dandenong. Train (Zone 2 ticket) to Hughesdale. Anniversary Trail home.	Maurie 0409 18
Sun 20	<i>Museum Gardens</i> 35 km	Capital City Trail, Canning St. to Gardens for break. Return by streets and Capital City or Upfield Trails.	Richard 9459 86
Tue 22	<i>Altona</i> 80 km	Royal Park, W'town, Altona to lunch break at Cherry Lake. Return by similar route.	Robert I 9439 10
Sun 27 and Tue 29 are "Riders' Choice" Rider who suggests is leader, otherwise by agreement			

NightRide: Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -**

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

Melbourne Bicycle Touring Club

June

Thu Jun 5	Film: 'Eddy Merckx and the Tour de France'		Peter S
Sat Jun 7	Norm's Three Score & Ten Birthday Ride Easy Amble	Not far	Norm
Sun Jun 8	Hurstbridge to Kinglake & return via Flowerdale	120km hard	Rob
Sat Jun 14	Seymour & the Campaspe	medium 80km	Di

For information on the above rides, please contact the Touring Secretary, John, on (03) 9387 4086, or at rides@mbtc.org.au . Please note that this e-mail address doesn't get checked every day - so don't expect an immediate response!

About the Ride Gradings

Easy: Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist.

Medium: Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required.

Hard: Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

YHA

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

YHA contacts: Ride Co-Ordinator Kathy on rides@yhacycling.org.au or mobile 0425-792 574, or Secretary Voula on secretary@yhacycling.org.au; website: <http://yhacycling.org.au>